

**Our certified professional staff focuses on helping YOU see the results YOU want:**

- FREE Personal Fitness Profiles & Workout Plans
- FREE Educational presentations
- FREE Unlimited group fitness classes (more than 50 per week)
- Personal weight loss plans
- Personal training

### Plus:

- 200-meter indoor rubberized running and walking track
- NBA regulation-size basketball court and half court
- Extensive weight training equipment for all ages and abilities
- Over 100 pieces of cardiovascular exercise equipment *with personal cable TV and CD players!*
- Family fitness program
- Bod Pod® Body Composition Analysis
- Pilates Studio
- Nursery
- Senior group fitness classes
- Comfortable locker rooms with sauna, steam room & whirlpool
- Reduced rate at the IU Natatorium & Indianapolis Tennis Center
- Treadwall® Climbing Wall
- Complimentary towel service
- And much, much more!

### Hours:

**Monday – Thursday:** 5:30 am–10:00 pm  
**Friday:** 5:30 am–9:00 pm  
**Saturday & Sunday:** 7:00 am–6:00 pm

**See reverse side for state employee membership rates!**



*for every body.*

# nifs fitness center

## A Complete Medically-Based Fitness Center

### Guest Rates

**1-Week Pass** \$40  
**1-Day Pass** \$12

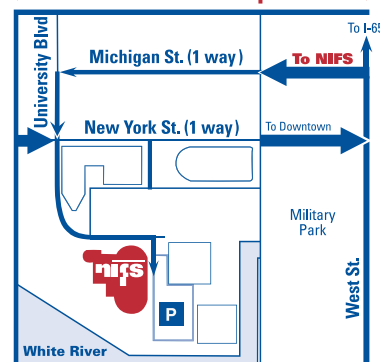
### Contact us!

**317.274.3432** or visit us online at **[www.nifs.org](http://www.nifs.org)**



NIFS is located downtown in White River State Park on the IUPUI campus at 250 University Blvd. Indianapolis, IN 46202

### Enlarged View of NIFS on IUPUI Campus



# nifs membership rates

MEMBERSHIP RATES			
Member Type	Initiation Fee (Option to pay in 4 installments)	Membership Payment Options	
		Monthly Automated Payments*	OR Discounted Annual Payment
State Employee***	\$150	\$34.50 (\$414)	\$393
Spouse	\$100	\$44.50 (\$534)	\$507
Student (Age 18 or older and 6 or more credit hours)	\$75	\$39.50 (\$474)	\$450
Youth*** (Ages 11-17)	\$65	\$7.50 (\$90)	\$85
MONTH-TO-MONTH MEMBERSHIP RATES			
Student**	none	\$60 (no EFT)	n/a
Individual**	none	\$80 (no EFT)	n/a
Bicycle Commuter**	none	\$22.50	n/a

1-Week Pass ..... \$40

1-Day Pass ..... \$12

## Questions?

Call us at **317.274.3432** or email **membership@nifs.org**.

- Ask if employees of your company are eligible for a discounted rate.
- If your company is interested in establishing a corporate wellness membership, call 274.3432, ext. 264.

\* **Automated Payments** allow you to conveniently pay your dues through your bank account or credit card.

\*\* Does not include NIFSource newsletter, unlimited personal fitness profiles or member rates in classes, personal training, Pilates or a discounted rate at the IU Natatorium or the Indianapolis Tennis Center (ITC). Additionally, bicycle commuter memberships do not include parking or fitness-related services.

\*\*\***Parking not included.**